

DPCP Core Intervention #3

Old Language

Intervention #3: Increase access to sustainable, evidence-based lifestyle interventions to prevent or delay onset of type 2 diabetes among people at high risk.

- 3.1 Increase access/availability and use of the CDC-recognized lifestyle change program in YMCA's, worksites, and other settings as an intervention targeting populations at high risk for type 2 diabetes (including but not limited to women with previously diagnosed gestational diabetes).
- 3.2 Partner with employers and health plans to offer the CDC-recognized lifestyle change program as a covered benefit to prevent or delay onset of type 2 diabetes.
- 3.3 Implement systems to increase provider referrals of people with prediabetes or multiple diabetes risk factors to sites offering the CDC-recognized lifestyle change program.
- 3.4 As a complement to work occurring under strategies 3.1-3.3, promote health communication and marketing campaigns or coalition initiatives that will:
 - increase access to sustainable, evidence-based lifestyle interventions to prevent or delay onset of type 2 diabetes among people at high risk;
 - raise awareness of prediabetes among populations at risk and health care providers.
- 3.5 As a complement to work occurring under strategies 3.1-3.4, collaborate with other chronic disease prevention programs to facilitate access to safe, attractive, and affordable places for people with prediabetes or multiple diabetes risk factors to engage in physical activity; this should include but not be limited to promotion of workplace policies and programs that increase physical activity.

Revised Draft Language (5/16/12)

(Numbering has been reordered.)

Intervention #3: Increase use of lifestyle change programs that have achieved CDC recognition (or pending recognition) to prevent or delay onset of type 2 diabetes among people at high risk.

- 3.1 Lead/coordinate CDC approved health communication and marketing campaigns or coalition initiatives that raise awareness of the following among people at high risk:
 - prediabetes risk factors.
 - the location of sites offering lifestyle change programs that have achieved CDC recognition (or pending recognition).
 - how to enroll in these lifestyle change programs.
- 3.2 Work with health care providers to:
 - raise awareness of how to recognize and treat prediabetes.
 - implement systems for referral of people with prediabetes or multiple type 2 diabetes risk factors to sites offering lifestyle change programs that have achieved CDC recognition (or pending recognition).
- 3.3 Partner with state and local government agencies to recommend that the CDC recognized lifestyle change program be offered as a covered benefit for public employees to prevent or delay onset of type 2 diabetes.
- 3.4 Lead/coordinate use of NDEP primary prevention tools (e.g., *Road to Health, Power to Prevent*) with targeted populations at high risk for developing type 2 diabetes to increase awareness of and support lifestyle change behaviors. (*Note: This strategy is appropriate where a community does not yet have the capacity to offer programs that qualify for CDC recognition but wants to raise awareness of and support lifestyle change behaviors. These tools are not a substitute for the National DPP evidence-based lifestyle intervention.*)
- 3.5 As a complement to work occurring under strategies 3.1-3.4, support other chronic disease prevention programs in advocating for policies

that address modifiable risk factors for type 2 diabetes (e.g., worksite policies that promote increased physical activity).